

FAQs for MSES-R scoring

How do we score the test?

- https://www.macquariepsychology.net.au/mSES/documents/Psychometric_data_of_MSES-R.pdf
- **IMPORTANT NOTE:** Results with only 1s, 2s, 3, or 4s on the answer form are invalid, so if you use the online version, the entire results will be automatically deleted from the website's database.

What do high and low scores mean?

- Once the relevant items have been reversed, the higher the score means the more skillful (higher self-efficacy with mindfulness skills) the person is. Accordingly, a low score denotes low self-efficacy with mindfulness skills in everyday life. This is most accurate when compared to norms. The screenshot below shows an example of (raw) scale scores for a high-functioning meditator (taken from the online version). Note that the scores in the row of "Community norms" (14.82, 9.98, 8.00, 8.11, 7.97, 8.95, 57.82) are current (March 2019; N=4443) and you can compare your (raw) scale scores with these. The automated graphs associated with it are included.

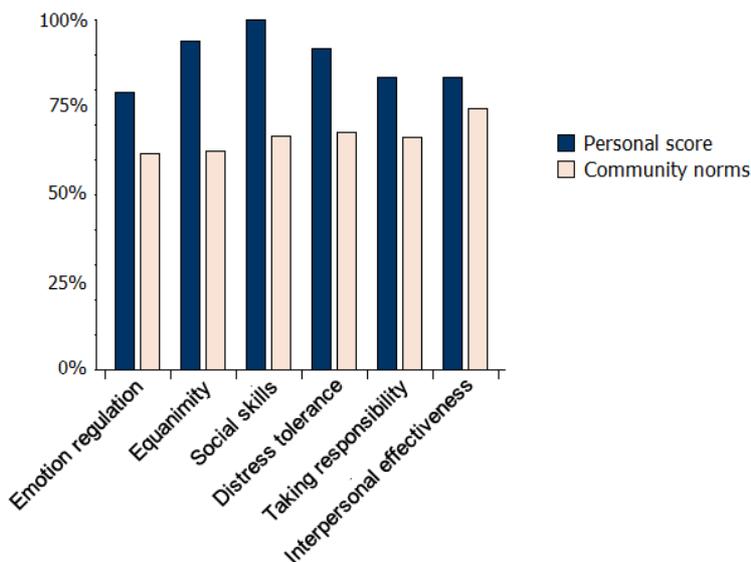
Compare results against norms

Compare with:

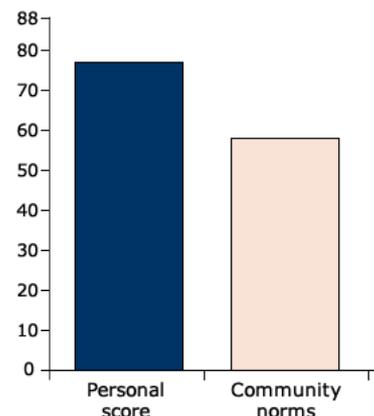
Scores

	Emotion regulation	Equanimity	Social skills	Distress tolerance	Taking responsibility	Interpersonal effectiveness	Total
Your present scores	19	15	12	11	10	10	77
Community norms	14.82	9.98	8.00	8.11	7.97	8.95	57.82

Subscales compared to community norms



Total score compared to community norms



Means or Sums?

- Use the means to compare scale scores only (e.g., to see strengths and weaknesses across scales) as the number of items is unequal in each scale
- Use the sums to compare with community norms. We use raw scores for each scale because normative data are expressed as sums, not means.

We used pen and paper because participants cannot use the website to enter score.

- You can enter the data from the paper forms that each participant has completed. This will calculate scale scores and give norm comparisons automatically (as above). Once you have the online results, scroll to the bottom of the page and click on the links of interest. The last 2 links download the results to a spreadsheet, ready to be copied and pasted in SPSS for statistical analysis.
- Click on the link below to see a results example as well as the entire set of items and raw scores: <https://www.macquariepsychology.net.au/mSES/index.php?list=201903241733400163>